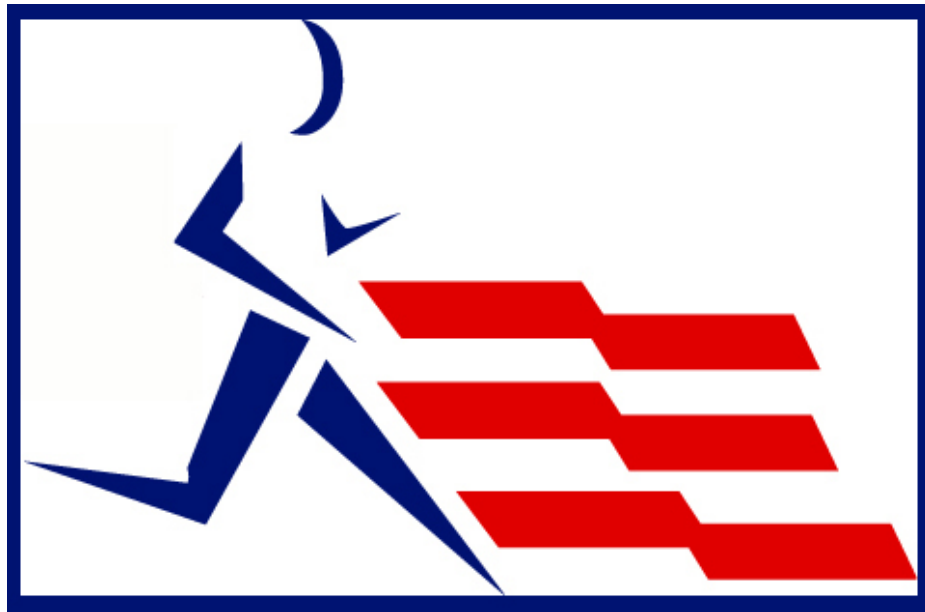


HealthierUS Challenge



Manual

Idaho Department of Education
Child Nutrition Programs



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Introduction:

Purpose:

The intent of the HealthierUS Challenge is for school menus to provide ALL children the opportunity to choose:

- A variety of fruits and vegetables, including fresh and raw items,
- A variety of dark green/orange fruits and vegetables,
- A whole grain item, and
- Products high in iron and vitamin C.

Recognize Exceptional Schools:

HealthierUS Challenge requirements are difficult to meet because the program is used to recognize **EXCEPTIONAL** schools.

Based on Lunch:

The Challenge is only based on lunch, breakfast isn't taken into consideration.

Goals Are Good For Students at All Schools:

The award is only given to elementary schools, but the Idaho State Department of Education encourages all schools to work towards the goals outlined in this manual for the better health of their students.

This manual was developed to help break down the requirements of the HealthierUS Challenge into simple, attainable goals that schools can work towards. The goals do not need to be met in this order. Pick one goal to meet at a time, every goal met is something to be proud of.



Anji Baumann
Foodservice Director

Craig Maki
Principal

Carol Williams
Kitchen Manager



"Goldie"

The HealthierUS Challenge
Gold Award Winner

Meet Goldie: Goldie can be found throughout this guide offering tips to help you meet the requirements of the HealthierUS Challenge. Goldie's tips come from an actual HealthierUS Challenge Gold Award Winner from Idaho: Anji Baumann, Gooding Foodservice Director.



Common Questions Answered

Does a school have to meet ALL seven of the criteria for the *Silver* and ALL nine of the criteria for the *Gold* certification?

To receive a *Silver* certification a school must meet all of the criteria listed under the *Silver* category . For the *Gold* certification a school must meet all of the *Silver* requirements plus offer fresh fruits or raw vegetables every day of the week and whole grain foods every day of the week. Also, the a la carte and/or vended items must meet the requirements outlined.

There are several elementary schools within my school district that qualify for either the *Gold* or *Silver HealthierUS* School Challenge criteria. However, an SMI review has only been conducted at one of the schools. Can the others apply?

Yes they can. An SMI review requires the selection of a minimum of one school which represents the SFA's ability to meet the school meals nutrition standards. If your school district (SFA) has had an SMI review within the prior five years, your State agency has approved your plans for any areas noted as needing corrective action or improvement, you have completed all identified activities, and the review was closed by the State agency—all of your schools meet the initial SMI criteria for the *Healthier US* School Challenge.



Eric Bost, USDA Under Secretary
Colleen Fillmore, Child Nutrition Director
Anji Baumann, Good Foodservice Director
Craig Maki, Gooding Principal
Allen Ng, FNS Western Regional Administrator

Goal 1



Gooding Elementary HealthierUS Challenge/Wellness Panel

Form a HealthierUS Challenge Panel

Challenge Requirements

A panel must be established to review your school's HealthierUS Challenge application.

Description

This panel must include:

- ☐ School's Foodservice Manager
- ☐ School's Team Nutrition Leader (can be the same as the Foodservice Director)
- ☐ School's Principal or Administrator
- ☐ School District's Foodservice Director
- ☐ Representative from school's parent organization and
- ☐ One of the following (school nurse, physical education teacher, or teacher)

Panel Member Responsibilities:

- ☐ Review application and assure that it is an accurate reflection of the school.



Goldie's Tips

Fitness is a large component of the challenge. A strong relationship with the PE teacher(s) is very important. Our nutrition panel also serves as the wellness committee.

Gooding Gold Award Menu Example

The Gooding Nutrition Panel is composed of:

- ☐ School Nurse
- ☐ Foodservice Director
- ☐ Foodservice Manager
- ☐ Principal
- ☐ PE Teacher
- ☐ Parent
- ☐ Other Teachers (including representatives from other schools)
- ☐ District Social Worker

The panel meets monthly to discuss upcoming events to promote health and nutrition and to discuss quality of school meals. Meetings usually take place before or after school or at lunch.

The panel presents ideas at staff meetings to get teachers involved in upcoming nutrition events.



Have the Nutrition Panel members sign page 4 of the application.

Common Questions Answered

My school district has a foodservice committee in place, but its purpose serves all schools in our district. Is it possible to apply for School Challenge as a district, as opposed to individual schools?

To meet the *Gold* or *Silver* criteria, each school must have a level of commitment by the administration, faculty, school foodservice staff and parents—therefore the application must come from the individual school—not the district level. If menus are planned centrally, including menu items for a la carte sales, and they meet the menu criteria of the *HealthierUS* School Challenge, your schools have a head start.

In my small independent school district, the foodservice manager, the foodservice director, and the Team Nutrition Leader are all the same. Can my school still apply?

Yes. Make note on your school's documentation which people have the same positions and have these person(s) sign on the appropriate designated line. It is important that the school assessment be as broadly based as possible.



Goal 2



Enroll as a Team Nutrition School

Challenge Requirements

The school must be enrolled as a Team Nutrition School.

Description

Go to <http://teamnutrition.usda.gov/team.html> .

A) To check if you are already enrolled:

- ☐ Click *Schools Database*
- ☐ Click *Search Page*
- ☐ Search for your school

OR

B) If you need to enroll:

- ☐ Click *Enroll*
- ☐ Print off and fill out the 1 page enrollment form
- ☐ Fax it to 703-305-2549.

Or mail it to:
Team Nutrition
3101 Park Center Drive, Room 632
Alexandria, VA 22302



Goldie's Tips

Discuss your desire to apply for the challenge with your wellness team and complete the team nutrition application.

Team Nutrition School Enrollment Form

Our Team Nutrition School Leader is:

☐ Mr. ☐ Mrs.
☐ Mr. ☐ Other

FIRST NAME _____ LAST NAME _____
TITLE _____ SCHOOL'S NAME _____
TOTAL ENROLLMENT _____ GRADES TAUGHT _____
SCHOOL DISTRICT _____ SCHOOL COUNTY _____
SCHOOL ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
TELEPHONE () _____ FAX () _____
E-MAIL ADDRESS _____

Please check one or more of the appropriate grade ranges:

☐ P-PRE-SCHOOL/PRE-K ☐ K-ELEMENTARY/K-5/6 ☐ M-MIDDLE/6/7-8 ☐ H-HIGH/9-12

We agree to:

- Support USDA's Team Nutrition goal and values.
- Demonstrate a commitment to help students meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition School Leader who will establish a school team.
- Distribute Team Nutrition materials to teachers, students and parents.
- Involve teachers, students, parents, food service personnel, and the community in interactive and extending nutrition education activities.
- Participate in the National School Lunch Program.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other schools.

We certify our school does not have any outstanding merchandise or significant program violations in our school meals programs.

SCHOOL PRINCIPAL, PRESCHOOL _____ SCHOOL FOOD SERVICE MANAGER, HIGH SCHOOL _____
SIGNATURE _____ SIGNATURE _____
DATE _____ DATE _____



Place a copy of the TN enrollment form in the HealthierUS Challenge application packet.

Common Questions Answered

Why can't a SFA enroll all its schools in Team Nutrition at one time instead of requiring individual application?

TN requires the designation of a TN School Leader, necessitating an individual application. Also, the signatures of the school's principal and foodservice manager are the demonstration of their commitment.



Goal 3



Nutrition Education

Challenge Requirements

Nutrition Education must be provided to students in multiple grades of your school.

Description

Nutrition Education must meet or exceed the criteria listed below:

- Nutrition education is provided to at least half of the grade levels in your school
 - If your school consists of less than three grades, nutrition education must be provided to all students in the school.
- Nutrition education is part of a structured unit of instruction
- Nutrition education involves multiple channels of communication including:
 - Classroom
 - School Cafeteria
 - Home/Parents



Goldie's Tips

Look at what is being taught in PE, Health, and Science classes already and build from that. It didn't happen overnight, we began by using power panther in physical education classes. The following year our nutrition panel taught monthly nutrition education. More recently we have begun to incorporate large celebrations throughout the school year in addition to monthly classes. Signage is displayed throughout our school and cafeteria to promote healthy eating. Taking advantage of grants has allowed our district to fund various celebrations and currently we are creating a wellness page on our district website.



Nutrition Education in Gooding PE Classes



Complete the Nutrition Education Worksheet on page 9 of the application.

Gooding Gold Award Example



HealthierUS School Challenge Nutrition Education Worksheet *Silver or Gold* Criteria



School Name: Gooding Elementary School

Grades in your school: (circle all that apply) (K) (1) (2) (3) (4) (5) 6 7 8

Grades in which nutrition education is offered (circle all that apply) (K) (1) (2) (3) (4) (5) 6 7 8

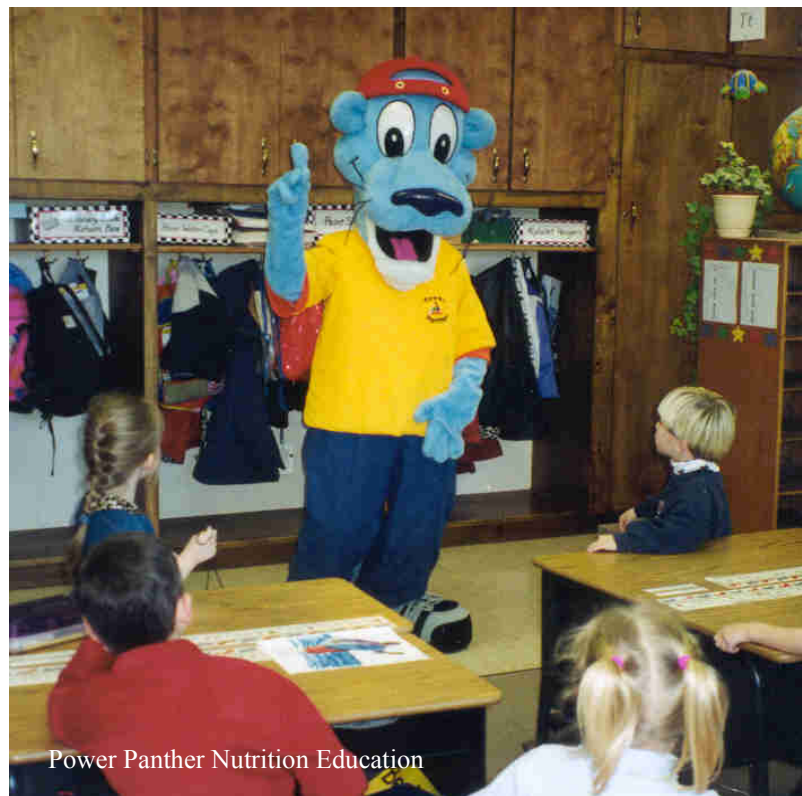
Provide a brief description of nutrition education efforts for each grade in the following chart or submit a written description.

Grades	Describe nutrition education efforts in your school, including how nutrition education involves the classroom, school cafeteria, and home/parents. Include in your description how nutrition education is delivered as part of a structured systematic unit of instruction.
K	Kindergarten teachers talk with students on the benefits of leading healthy lifestyles. They discuss the food pyramid and choose only white milk with their breakfast, instead of chocolate.
K-5	Signage is displayed throughout the hallways, cafeteria and gym at our elementary school. Signage includes dairy, power panther and dole 5-a-day.
K-5	Power Panther visits are scheduled yearly. Power Panther visits classrooms and participates in gym class. We discuss Power Panther's motto "Eat Smart, Play Hard.". Power Panther is on all monthly menus.
K-5	Power Panther information handouts are available to parents. Health tips are printed in school/district newsletters and on monthly menus. Nutrition and health tips are sent to local newspapers weekly.
K-5	Nutrient of the Month is featured on monthly menus or a Healthy Choice Riddle is featured. A fresh fruit or vegetable is showcased each month. Example: pluots, yams.
K-5	Taste tests and fruit or veggie facts are given during gym classes twice a month. Nutrition websites are available for students to surf once a month in computer class.
K-5	Nutrition Education is offered to all children monthly using Dole 5-a-day materials, Dairy Council materials and Team Nutrition "Food Works" program.
1-5	Nutrition and Health Education is taught in all elementary classrooms as part of their science curriculum. Curriculum is from Harcourt. Lessons include nutrition, parts of the body systems and the importance of leading an active lifestyle.

Common Questions Answered

Why was there no *quantity* of nutrition education and/or physical activity specified?

At this time USDA has decided to not quantify the amount of nutrition education and physical activity required for certification to avoid placing a burden on schools and State agencies in determining how to actually count minutes of nutrition education and/or physical activities. For example, is nutrition education classroom instruction only, nutrition posters in the cafeteria, nutrition messages sent home to parents, or all of the above? The main requirements of the nutrition education criteria are that nutrition education be 1) provided to at least half, but no fewer than two, of the grade levels in the school; 2) delivered as part of a structured and systematic unit of instruction; and 3) involve multiple channels of communication. In addition, although we do not dictate that the school must offer physical education as part of the school curriculum, that would be ideal. The opportunity for physical activity criterion specifies that physical education classes *or the equivalent* must be provided on a regularly scheduled basis.



Power Panther Nutrition Education

Goal 4



Physical Activity

Challenge Requirements

The opportunity for physical activity must be provided to students in every grade of the school.

Description

Physical activity must meet or exceed the following criteria:

- Physical education classes or the equivalent must be provided on a regularly scheduled basis each school week during the entire school year.

Activities that count towards the physical activity requirement:

- school walking clubs,
- bike clubs,
- intramural sports,
- walk to school programs.,
- approval of community physical activity programs for academic credit, etc

The objective is to ensure that children are routinely encouraged to be physically active in the school.



Goldie's Tips

Everything counts! Work closely with the physical education teacher. Our school was awarded a grant to fund a walking club and a community walk was organized to promote our walking club. Our walking club is sustained from funds received from a milk vending machine. Regularly scheduled recesses and recreation district programs are in place to ensure that children have an opportunity to participate in physical activity. National School Lunch Week celebrations are centered around diet & exercise. After school programs offer a spring soccer club as well as physical activity and/or nutrition classes throughout the year.



School Ski Trip



Gooding Community Walk



Complete the Physical Activity Worksheet on page 10 of the application.

Gooding Gold Award Example

HealthierUS School Challenge Physical Activity Worksheet *Silver or Gold Criteria*



School Name: Gooding Elementary School

Grades in your school: (circle all that apply) (K) (1) (2) (3) (4) (5) 6 7 8

Grades in which physical education classes are provided: (circle all that apply) (K) (1) (2) (3) (4) (5)

In the chart below list all physical activities offered for each grade and describe.

Grades	Physical Education class offered: (yes or no)	How often is Physical Education offered? How long is each PE class?	Describe any alternate physical activity offered and how often offered. Indicate time allotted for the activity.
K	YES	2-3 times per week 15 minutes each	Walking Club, weekly, 10 minutes 75 Minute recess per week
1	YES	2 times per week 20 minutes each	Mandatory walking club, 23 minutes weekly Walking club at recess, 30 minutes, at lunch recess five times per week. Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
2	YES	2-3 times per week 20 minutes each	Mandatory walking club, 23 minutes weekly Walking club at lunchtime, 5 times per week Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
3	YES	2-3 times per week 25 minutes each	Mandatory walking club, 23 minutes weekly Walking club at recess (lunchtime) 5 times per week Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
4	YES	2-3 times per week 30 minutes each	Mandatory walking club, 23 minutes weekly Walking club - lunch recess, 5 times per week for 30 minutes Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
5	YES	2-3 times per week 30 minutes each	Mandatory walking club, 23 minutes weekly Walking club available 5 times a week for 30 minutes during lunch recess Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week

Goal 5



Average Daily Participation

Challenge Requirements

The school must have an Average Daily Participation (ADP) of 70% of school enrollment or higher.

Description

Calculation to determine ADP of school enrollment:

Step One:

$$\frac{\text{Meals served in October}}{\text{\# operating days in October}} = \text{ADP}$$

Step Two:

$$\frac{\text{ADP}}{\text{School enrollment}} \times 100 = \% \text{ of ADP to Enrollment}$$

Example:

20,000 reimbursable lunches served in October
20 operating days in October
1,200 students were enrolled in the school in October

$$\frac{20,000 \text{ meals}}{20 \text{ operating days}} = 1,000 \text{ ADP}$$

$$\frac{1,000 \text{ ADP}}{1,200 \text{ students enrolled}} \times 100 = 83\%$$

This number must be above 70%

October numbers should be used to determine ADP%. If the school uses another month's numbers it must provide justification as to why October did not meet the requirement.



Goldie's Tips

The best way to increase ADP % is to celebrate National School Lunch Week, National Nutrition Month, Healthy Harvest, etc.

Also provide a brochure to parents explaining lunch program, prices, charging policy, etc. at the beginning of the year and at parent/teacher conferences to market child nutrition programs.



Write ADP % on page 3 of the application.

Common Questions Answered

Why was the school lunch average daily participation (ADP) criterion set at 70 percent?

Data from the *School Nutrition Dietary Assessment Study II* (July 2001) indicated that the average daily participation, based upon enrollment, of elementary schools randomly selected for this national study was 67%. It was determined that an elementary school being nationally recognized as having an excellent school nutrition program should exceed this national average.

Our school has a low percentage of students approved for free and reduced meals, thus our participation is low. Will USDA make allowances for lowering the ADP for such schools?

No. The USDA school meals programs are for all children, not just the needy. USDA believes that any school recognized as having excellence in nutrition should exceed the national average of school lunch participation. Meals that are planned and prepared to meet quality standards should be appealing to all children in the school. Our studies indicate that school meal participation is inversely related to a la carte sales, i.e., schools with the highest levels of NSLP participation reported the least a la carte revenue and schools with the lowest levels of NSLP participation reported the most a la carte sales. Your school may find that by reducing the number of a la carte sales, your NSLP participation increases.

The criterion states that October is a typical month of operation and to use it for calculating ADP; however, my school does not meet the 70% ADP for October but is now meeting it in February. Does our school have to wait until after next October to apply for the *HealthierUS School Gold or Silver* certification?

No. If you can document that in recent months this school has actually increased participation and submit it with your application, it is likely your State agency will concur that the school can be recognized for its efforts.

In my school, kindergarten students do not stay for lunch. Must I include these students in my enrollment in order to calculate my ADP?

It depends. If school lunch is not accessible or available for kindergartners, e.g., transportation picks them up prior to lunch, then you could eliminate them in the participation data.

Goal 6



Competitive Foods

Challenge Requirements

The school must meet competitive food requirements for the level of award they are applying for.

Description

Silver Requirement:

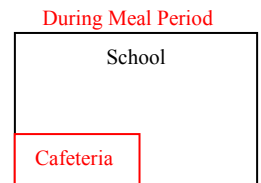
The school must meet one of the requirements below for the Silver Award:

- a) During meal periods in the foodservice area, your school does not sell/serve foods or beverages in competition with reimbursable meals.

OR

- b) During meal periods in the foodservice area, your school sells/serves only the approved foods and beverages on page 24

— = No food served/sold or only approved foods



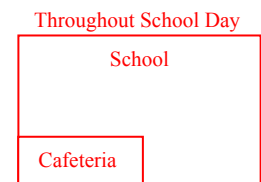
Gold Requirements:

The school must meet one of the requirements below for the Gold Award:

- a) Throughout the school day and throughout the entire school campus, your school does not sell/serve foods or beverages other than reimbursable meals.

OR

- b) Throughout the school day and throughout the entire school campus your school sells/serves only the approved foods and beverages on page 24.



Definitions:

Meal period: the time from the beginning of the school's scheduled meal service until the end of the scheduled meal service, or until the last student is served, whichever comes last.

Food Service Area: any area on school premises where program meals are either served and/or eaten.



Goldie's Tips

If you have a building with more than one school in it, only consider the elementary school. See example below.

Gooding Gold Award Example

Example: The elementary and junior high are in one building. The junior high has competitive foods in their hallways, but the elementary does not.

The elementary principal in this case wrote a letter that was sent in the application explaining that the elementary students are not allowed in the junior high halls and do not have access to any foods other than the reimbursable meals.



Provide a letter of clarification from school principal if needed.

Criteria for A La Carte and/or Vended Food Items

If the school sells any foods or beverage during the meal service (either a la carte, vending machines, or school snack stores) the items must meet the criteria in the chart below:

Food or Beverage	Criteria for Sales/Service of A La Carte and/or Vended Items These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide for Child Nutrition Programs http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf
Approved Beverages	<ul style="list-style-type: none"> • Reduced fat (2%), lowfat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages⁴; • 100% full strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> • Calories from total fat must be at or below 35%, <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. • Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. • Total sugar must be at or below 35% by weight. This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables as defined above. • Portion sizes for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.



Common Questions Answered

Do these criteria eliminate selling whole milk either a la carte and/or through school vending? Why?

Yes they do. The 2005 Dietary Guidelines specifies that Americans increase the daily intake of fruits and vegetables, whole grains, and nonfat or low-fat milk and milk products. While reduced fat milk (2% fat) does not meet the definition of nonfat or low-fat, the criterion allows reduced fat milk, along with nonfat and/or low-fat milk to be sold a la carte or through school vending.

Why was a 200 calorie limit put on portions of items for vended sale?

A 200 calorie limit was placed upon pre-packaged vended or a la carte sales in an effort to control portion size and thus calories. Additionally, schools that prepare foods for a la carte sales are required to limit the serving size to the serving size of the food served in the NSLP/SBP. The purpose of the *HealthierUS* School Challenge is to recognize schools that are taking steps to reduce the incidence of overweight in children. Controlling portion size is very important.

In the criteria for sales/service of a la carte and/or vended items, must the criteria for fruits and non-fried vegetables and approved beverages meet the same criteria specified for “any other individual food sales/service”. For example must a fruit or non-fried vegetable meet the limits on calories from fat and saturated fat, total sugar, and portion size?

No. USDA did not set additional criteria for fruits/non-fried vegetables or approved beverages than already described in the chart next to fruits/non-fried vegetables and approved beverages. The criteria for “any other individual food sales/service” are for individual food sales *other* than fruits/non-fried vegetables and the approved beverages. For example, if a fruit or non-fried vegetable is offered for a la carte or vended sales, this item does not need to meet the criteria for calories from total fat, calories from saturated fat, total sugar, and portion size.

Our school is considering applying for *Gold* certification. Before we apply, however, we would like further clarification as to the *Gold* criteria, #7 B. What types of food sales/service are included under “throughout the school day and throughout the school campus”? Does this address things sold by the school or does this include other school sponsored activities?

This criteria includes all foods and beverages made available by the school, to students on the school campus, throughout the school day. Examples of food and beverage sales/service that would require meeting the nutrition guidelines or standards are:

- Foods or beverages sold a la carte in the school cafeteria
- Foods or beverages sold in vending machines, school stores, or snack bars that are operated by the school
- School-sponsored food and beverage sales during the school day. Schools are not expected to monitor what a child brings in his/her lunch bag or what a parent sends to school for a birthday party.

Goal 7



Menu Criteria

Menu Criteria

Challenge Requirements

The following sections cover the ten menu requirements of the HealthierUS Challenge.


Description

The menu being used to meet the Challenge requirements must be served prior to submitting the application. The menu or production records must show portion sizes and any substitutions made.



Goldie's Tips

Use the online form to fill out the Lunch Menu Worksheet in the application. There may be many changes made to this worksheet throughout the application process. Lunch Menu Worksheets can be found at <http://teamnutrition.usda.gov/HealthierUS/index.html>.



Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN PATTY SANDWICH POTATO WEDGES WITH A CHOICE OF TOPPING FRESH FRUIT	2 SUPER NACHOS SALSA WITH A CHOICE OF TOPPING MIXED FRUIT	3 BAVED PASTA FRESH ITALIAN BREAD GREEN BEANS CHILLED PEAR CHUNKS MILK	4 BREAKFAST FOR LUNCH EGG SANDWICH ON BAGEL HASH BROWN POTATOES ORANGE SMILES MILK	5 SOUTHWEST STYLE PIZZA GARDEN SALAD WIDRESSING CHILLED PEACH SLICES MILK
6 NO SCHOOL Columbus Day observed	7 Early Release/Teacher In-Service	8 HOLD A BIRTHDAY PARTY FOR A CHILD WITH A CHOICE OF TOPPING POTATO WEDGES CORN CHIPS FRESH FRUIT MILK	9 GRILLED CHEESE SANDWICH TOMATO SOUP CARROT/RAISIN SALAD MIXED FRUIT	10 UNO PIZZERIA PIZZA PASTA SALAD CHOCOLATE PUDDING WHIPPED TOPPING MILK
11 BREAKFAST FOR LUNCH EGG SANDWICH ON BAGEL POTATO WEDGES CARROT STICKS FRESH FRUIT	12 CHICKEN FAJITA RICE CORN APPLE CRISP MILK	13 CHICKEN PARMESAN PASTA YOUR WAY! GARDEN SALAD WIDRESSING FRESH FRUIT	14 CHICKEN NUGGETS RICE APPLESAUCE CARROT STICKS ICE JUICY	15 PIZZERIA PIZZA BROCCOLI CHEESE CHILLED PEACH SLICES MILK
16 TOASTED HAM & CHEESE ON SUB ROLL VEGETABLE SOUP FRESH FRUIT MILK	17 TUNA BOAT SANDWICH FRESH RAW VEGETABLES WITH RANCH DRESSING RANCH DRESSING pretzels	18 CHICKEN QUESADILLA RICE CORN APPLESAUCE MILK	19 TERRIYAKI CHICKEN PATTY SANDWICH RICE MIXED VEGETABLES CHILLED PEACH SLICES	20 STUFFED CRUST PIZZA PASTA SALAD BROWNIES FRESH FRUIT MILK
21 Asian GRILLED CHICKEN SANDWICH W/ LET & TOM PASTA SALAD CHILLED PEAR CHUNKS MILK	22 FRESH ITALIAN GRINDER CORN CHIPS TOMATOES AND CUCUMBERS FRESH FRUIT	23 Early Release/Teacher In-Service	24 GHOST	



- ☐ Lunch Menus Worksheet for 4 weeks (2 pages).
- ☐ Send copy of the menu (Menu must be for 4 weeks with at least a total of 16 days).
- ☐ Send nutrient analysis of menu if available.
- ☐ Send production records showing any/all substitutions that took place.
- ☐ Send bar recipes if applicable.
- ☐ Send nutrient analysis or food labels for any food that is used to meet one of the following criteria: vitamin C, entrée fat content, or iron.
- ☐ Send recipes or food labels for foods meeting the whole grain criteria

Gooding Gold Award Menu Example on Next Page....

Gooding Lunch Menus Worksheets (Week 1 – Week 2)

Attachment A-2		Lunch Menu Worksheet – GOLD			
Month (Dates Served): <u>January 17-February 17</u>		School: <u>Gooding Elementary</u>			
Enter an "X" Next to the Menu Planning Approach Used:		<div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Traditional <input type="checkbox"/> Enhanced </div> <div> NSMP <input checked="" type="checkbox"/> ANSMP <input type="checkbox"/> </div> </div>			
Criteria	Foods Served that Meet the Criteria		Foods Served that Meet the Criteria		
	Week 1		Week 2		
	FOOD	PORTION SIZE	FOOD	PORTION SIZE	
3 Different Fruits Per Week	1 Pears - HCB3	1/4 c (self serve)	1 Kiwi Fruit-HCB 1	1/4 c (self serve)	
	2 Peaches-HCB Mexi	1/4 c (self serve)	2 Mandarin Oranges-HCB 2	1/4 c (self serve)	
	3 Oranges-HCB1	1/4 c (self serve)	3 Peaches-HCB Mexi	1/4 c (self serve)	
5 Different Vegetables Per Week	1 Yam-HCB 3	1/4 c (self serve)	1 Carrots-HCB1	1/4 c (self serve)	
	2 Broccoli	1/3 c	2 Broccoli	1/3 c	
	3 Steamed Carrots	1/3 c	3 Jicama- HCB Mexi	1/4 c (self serve)	
	4 Jicama-HCB Mexi	1/4 c (self serve)	4 Peas	1/2 c	
	5 Cauliflower-HCB 1	1/4 c (self serve)	5 Cauliflower-HCB 1	1/4 c (self serve)	
Dark Green/Orange Vegetables/Fruits – 3 or More Times Per Week	1 Broccoli	1/3 c	1 Carrots-HCB1	1/4 c (self serve)	
	2 Steamed Carrots	1/3 c	2 Broccoli	1/3 c	
	3 Oranges-HCB 1	1/4 c (self serve)	3 Peaches-HCB Mexi	1/4 c (self serve)	
Fresh Fruits/Raw Vegetables – Daily	M Holiday	Holiday	M Cauliflower-HCB 1	1/4 c (self serve)	
	T Watermelon-HCB 3	serve)	T Peas - HCB 2	1/4 c (self serve)	
	W Apples - HCB Burger	1/4 c (self serve)	W Jicama- HCB Mexi	1/4 c (self serve)	
	Th Jicama-HCB Mexi	1/4 c (self serve)	Th Kiwi Fruit-HCB Burger	1/4 c (self serve)	
	F Kiwi Fruit - HCB 1	1/4 c (self serve)	F Apples - HCB 1	1/4 c (self serve)	
Good Source of Vitamin C – Daily (At least 8 mg per serving. Fruit and veg. items may be combined to meet the Vitamin C requirement.)	M Holiday	Holiday	M Oranges - HCB 1	1/4 c (self serve)	
	T Broccoli	1/3 cup	T Sloppy Joe	1 Sloppy Joe	
	W Chicken Burger	1 Burger	W Enchaladas	1 Enchilada	
	Th Tacos	2 Tacos	Th Peas	1/2 c	
	F Chili	1/2 c	F Turkey Soup	1/2 cup	
4 Different Entrées or Meat/Meat Alternates Per Week	1 Macaroni and Cheese	1/2 c	1 Chicken Alfredo	2/3 cup	
	2 Chicken Burger	1 Burger	2 Sloppy Joe	1 Sloppy Joe	
	3 Tacos	2 Tacos	3 Enchiladas	1 Enchilada	
	4 Chili	1/2 c	4 Fish Burger	1 Burger	
Cooked Dried Beans or Peas – 1 or More Times Per Week	1 Refried Beans	1/2 c	1 Baked Beans-HCB1	1/4 c (self serve)	
	M Holiday	Holiday	M Alfredo/Apple Bread	2/3 c, 2" square	
2 or More Sources of Iron – Daily (At least 0.8 mg/serving.)	T Mac & Cheese/Baked Beans HCB 3	1/2 c, 1/4 c (self serve)	T Sloppy Joe/ Oatmeal Cookie	1 Sloppy Joe, 1 cookie	
	W Chicken Burger (1.88 mg)	1 Burger	W Enchiladas (2.05 mg)	1 Enchilada	
	Th Tacos (3.79mg)	2 tacos	Th Fish Burger (1.62 mg)	1 Burger	
	F Chili (3.85)	1/2 c	F Soup/Uncrustable	1/2 c, 1 sandwich	
	M Holiday	Holiday	M Applebread	2" square	
Whole Grain Foods – Daily	T Pumpkin Cake	2" square	T Oatmeal Raisin Cookie	1 cookie	
	W Apricot Cobbler	2" square	W Spanish Rice	1/3 cup	
	Th Spanish Rice	1/2 c	Th Pumpkin Cake	2" square	
	F Cinnamon Roll	1 roll	F Whole wheat cookie	1 cookie	
	M 1% (white & Choc)	1/2 pint	M 1% (white & Choc)	1/2 pint	
Lowfat (1%) and/or Skim (nonfat) Milk – Daily	T 1% (white & Choc)	1/2 pint	T 1% (white & Choc)	1/2 pint	
	W 1% (white & Choc)	1/2 pint	W 1% (white & Choc)	1/2 pint	
	Th 1% (white & Choc)	1/2 pint	Th 1% (white & Choc)	1/2 pint	
	F 1% (white & Choc)	1/2 pint	F 1% (white & Choc)	1/2 pint	

Gooding Lunch Menus Worksheets (Week 3 – Week 4)

Attachment A-2		Lunch Menu Worksheet – GOLD			
Month (Dates Served): January 17- February 17		School: Gooding Elementary			
Enter an "X" Next to the Menu Planning Approach Used:					
<input type="checkbox"/> Traditional <input type="checkbox"/> Enhanced		NSMP <input checked="" type="checkbox"/> ANSMP <input type="checkbox"/>			
Criteria	Foods Served that Meet the Criteria		Foods Served that Meet the Criteria		
	Week 3		Week 4		
	FOOD	PORTION SIZE	FOOD	PORTION SIZE	
3 Different Fruits Per Week	1 Oranges-HCB4	1/4 c (self serve)	1 Grapes	1/2 cup	
	2 Peaches-HCB Mexi	1/4 c (self serve)	2 Pears - HCB 3	1/4 c (self serve)	
	3 Kiwi-HCB Burger	1/4 c (self serve)	3 Peaches-HCB B	1/4 c (self serve)	
5 Different Vegetables Per Week	1 (Broc/Cauliflower)	1/2 cup	1 Peas-HCB 2	1/4 c (self serve)	
	2 Green Beans	1/3 cup	2 Green Beans	1/3 cup	
	3 Jicama-HCB Mexi	1/4 c (self serve)	3 Corn on the Cob	1 cob	
	4 Carrots-HCB Pizza	1/4 c (self serve)	4 Cauliflower-HCB 1	1/4 c (self serve)	
	5 Corn	1/3 cup	5 Carrots	1/3 cup	
Dark Green/Orange Vegetables/Fruits – 3 or More Times Per Week	1 Peaches- HCB 4	1/4 c (self serve)	1 Mandarin Oranges-HCB 2	1/4 c (self serve)	
	2 Carrots	1/3 cup	2 Peaches-HCB Burger	1/4 c (self serve)	
	3 Oranges	1/4 c (self serve)	3 Carrots	1/3 cup	
Fresh Fruits/Raw Vegetables – Daily	M Cantaloupe-HCB 4	1/4 c (self serve)	M Grapes	1/2 cup	
	T Peas-HCB 2	1/4 c (self serve)	T Yam Sticks-HCB 3	1/4 c (self serve)	
	W Jicama-HCB Mexi	1/4 c (self serve)	W Oranges-HCB 1	1/4 c (self serve)	
	Th Kiwi-HCB Burger	1/4 c (self serve)	Th Strawberries	1/2 cup	
	F Oranges-HCB Pizza	1/4 c (self serve)	F Kiwi-HCB 1	1/4 c (self serve)	
Good Source of Vitamin C – Daily (At least 8 mg per serving. Fruit and veg. items may be combined to meet the Vitamin C requirement.)	M Ham and Cheese Roll	1 Roll	M Chicken Salad	1.5 cups	
	T Beef Macaroni	3/4 cup	T Lasagna	2x3" square	
	W Chicken Fajitas	1/3 cup	W Burritos	1 Burrito	
	Th Chicken Sandwich	1 Sandwich	Th Stawberries	1/2 cup	
	F Pizza	1 slice	F Chicken Nuggets	5 nuggets	
4 Different Entrées or Meat/Meat Alternates Per Week	1 Ham and Cheese Roll	1 Roll	1 Chicken Salad	1.5 c	
	2 Beef Macaroni	3/4 cup	2 Lasagna	2x3" square	
	3 Chicken Sandwich	1 Sandwich	3 Burritos	1 Burrito	
	4 Pizza	1 slice	4 Chicken Nuggets	5 nuggets	
Cooked Dried Beans or Peas – 1 or More Times Per Week	1 Baked Beans	1/2 cup	1 Baked Beans-HCB 1	1/4 c (self serve)	
2 or More Sources of Iron – Daily (At least 0.8 mg/serving.)	M Ham & Cheese Roll (4.27 mg)	1 Roll	M Chicken Salad (2.44 mg)	1.5 c	
	T Beef Macaroni (2.94 mg)	3/4 cup	T Lasagna (3.17 mg)	2x3" square	
	W Fajitas (1.91 mg)	1 fajita	W Burritos (2.60 mg)	1 Burrito	
	Th Chicken Sandwich (1.88 mg)	1 Sandwich	Th Turkey Sand & Soup/Cookie	1 sand, 1.5 cup soup, 1 cookie	
	F Pizza/Power Alley Bar	1 slice, 1 bar	F Mashed Potatoes/Roll	1/3 c, 1 roll	
Whole Grain Foods – Daily	M Roll on Ham & Cheese Sand	1 roll	M Blueberry Cobbler	2" square	
	T Whole Wheat Oat Roll	1 roll	T Whole Wheat Oat Roll	1 roll	
	W Spanish Rice	1/2 cup	W Spanish Rice	1/2 cup	
	Th Whole Wheat Cookie	1 cookie	Th Cowboy Cookie	1 cookie	
	F Power Alley Bar	1 bar	F Whole Wheat Oat Roll	1 roll	
Lowfat (1%) and/or Skim (nonfat) Milk – Daily	M 1% (white & Choc)	1/2 pint	M 1% (white & Choc)	1/2 pint	
	T 1% (white & Choc)	1/2 pint	T 1% (white & Choc)	1/2 pint	
	W 1% (white & Choc)	1/2 pint	W 1% (white & Choc)	1/2 pint	
	Th 1% (white & Choc)	1/2 pint	Th 1% (white & Choc)	1/2 pint	
	F 1% (white & Choc)	1/2 pint	F 1% (white & Choc)	1/2 pint	

Common Questions Answered

For the menu criteria, does a school have to meet ALL nine categories?

Yes, the school's menus must meet or exceed all of the standards/criteria set under the lunch menu criteria.

What's the basis for requiring schools to plan and serve menus that meet the menu criteria for school lunches in order to be certified? Aren't school lunches already required to meet the School Meals Initiative (SMI) nutrition standards?

Yes, school lunches are required to meet the SMI nutrition standards. However, to assess whether the applying school meets these standards would require a school's submission of a nutrient analysis of the menus. USDA does not want to burden schools with this requirement, nor State agencies in having to verify the nutrient analysis, so has chosen to require schools to demonstrate that menus are being planned and served that meet the principles of the Dietary Guidelines. This requirement, coupled with the SMI review criteria, provides confidence that the school is offering students healthy school meal choices.



Menu Goal 1: Variety of Fruit

Challenge Requirements

3 different fruits must be offered each week.




Description

Fruit juice may only be counted 2 times a week.



Goldie's Tips

Healthy Choice Bars where students can pick from a variety of fruits and vegetables are very helpful in meeting all of the Challenge fruit and vegetable requirements.

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: 3 different fruits offered each week

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

Menu Goal 2: Variety of Vegetables

Challenge Requirements

5 different vegetables must be offered each week.

Description

At least 1 vegetable must be offered each day.

Vegetable juice may only be counted 2 times a week.



Gooding Elementary Salad Mix






Goldie's Tips

Healthy Choice Bars where students can pick from a variety of fruits and vegetables are very helpful in meeting all of the Challenge fruit and vegetable requirements.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: 5 different vegetables offered each week

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

Menu Goal 3: Dark Green / Orange Fruits and Vegetables

Challenge Requirements

Dark Green or orange vegetables or fruits must be offered 3 or more times per week.

Description

Foods must be found on the Dark Green / Orange Fruit and Vegetable list on page 37 to count for this requirement.

Fruit /Vegetable juice may only be counted 2 times a week.






Goldie's Tips

Healthy Choice Bars where students can pick from a variety of fruits and vegetables are very helpful in meeting all of the Challenge fruit and vegetable requirements.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: dark green and orange fruits and vegetables offered 3 times a week

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Dark Green / Orange Fruit and Vegetables

(Foods must be on this list to meet this Dark Green/Orange requirement)

Examples of Dark Green / Orange Vegetables

- Acorn Squash
- Beet and Mustard Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leaf Lettuces or Salad Greens, e.g. Mesclun
- Hubbard Squash
- Kale
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes or Yams (Orange)
- Turnip Greens
- Watercress

Examples of Orange Fruits

- Apricots
- Cantaloupe
- Guava
- Mandarin Oranges
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Tangerines



Menu Goal 4:

Fresh Fruits/Raw Vegetables

Challenge Requirements

Silver Requirement:

Fresh fruits or raw vegetables must be offered 3 or more days of the week.

Gold Requirement:

Fresh fruits or raw vegetables must be offered every day of the week.

Description

Fruit /Vegetable juice may only be counted 2 times a week.








Goldie's Tips

Healthy Choice Bars where students can pick from a variety of fruits and vegetables are very helpful in meeting all of the Challenge fruit and vegetable requirements.

Silver Award

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gold Award

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: Fresh Fruits and Raw Vegetables offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

Common Questions Answered

Why the emphasis on so many fruits and vegetables, especially the requirement for fresh fruits and vegetables in the menu criteria? Aren't dried, canned, and/or frozen fruits and vegetables just as nutritious?

Different fruits and vegetables are rich in different nutrients so several criteria stress fruit and vegetable variety. Fruits and vegetables provide a variety of micronutrients including vitamins, minerals, and phytochemicals. Greater consumption of fruits and vegetables is associated with reduced risk of cancers, reduced risk of type 2 diabetes, and may be useful to achieve and sustain weight loss. The difference in the nutritional contribution of fresh, frozen, canned, and dried fruits and vegetables may be negligible in many instances, but the requirement for offering fresh fruits or vegetables three or more times per school week (daily for the gold certification) was added to further increase variety and fruit and vegetable acceptability. There are some fruits and vegetables that are predominantly available only in the raw state, e.g, melons, bananas, strawberries, kiwi, oranges, grapes, and different varieties of salad greens. This requirement exposes children to a variety of flavors and textures of fruits and vegetables.



Menu Goal 5:

Vitamin C

Challenge Requirements

A good source of vitamin C must be offered every day.

Description

A good source of vitamin c is defined as 8 mg or more of vitamin c per serving.

8 mg	=	1 source of Vitamin C
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A list of foods with at least 8 mg of Vitamin C can be found on page 44-45.

A list of USDA Recipes providing 8mg or more of Vitamin C can be found on page 46-47.

A list of Commodity Foods with at least 8 mg of Vitamin C can be found on page 48.

Salad bar and/or fruit or vegetable items may be combined to meet the Vitamin C requirements.

Fruit /Vegetable juice may only be counted 2 times a week.

Monday	Tuesday	Wednesday	Thursday	Friday
				

*Nutrition Facts	
Serving Size 1/2 cup (124 g)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrates 22 g	7%
Dietary Fiber Less than 1 g	3%
Sugars 19 g	
Protein Less than 1 g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Please check product labels for most current nutrition information.	

Food Label Conversion:

Vitamin C on a food label is shown as a % of daily value. To determine the mg of Vitamin C on a food label use the equation below:

$$\% \text{ Vitamin C (from label)} \times 60\text{mg (RDA)} = \text{mg of Vit C in 1 serv.}$$

Example: Mixed Fruit

$$8\% \times 60 \text{ mg} = 4.8 \text{ mg Vitamin C per serving}$$



Goldie's Tips

- ❑ Offer orange slices, strawberries, and/or kiwi fruit
- ❑ Use tomato based products: pizza or pasta sauces
- ❑ Spice up menu with sweet or hot peppers
- ❑ Offer a variety of sources over the week
- ❑ Cantaloupe and mandarin oranges meet the dark orange fruit/veggie requirement and the vitamin C requirement. Use foods that meet more than one requirement.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place nutrient analysis and/or food labels in your HealthierUS Challenge application packet for the foods fulfilling the Vitamin C requirement.

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: a good source of vitamin C offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Roll French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Good Sources of Vitamin C and Serving Sizes

Food Item	Serving Size	Mg Vit C.
Asparagus, frozen, cooked, boiled	½ cup	22
Asparagus, frozen, cooked, boiled	4 spears	15
Banana	1 small	9
Broccoli, frozen, chopped, cooked, boiled	½ cup	37
Broccoli, raw	¼ cup	20
Brussels sprouts, frozen, cooked, boiled	¼ cup	18
Cabbage, Chinese (pak-choi), cooked, boiled	½ cup	22
Cabbage, cooked, boiled	½ cup	15
Cabbage, red, raw	¼ cup	10
Carambola,(starfruit), raw	¼ cup	9
Cauliflower, frozen, cooked, boiled	¼ cup	14
Cauliflower, raw	¼ cup	12
Coleslaw, school-prepared	¼ cup	10
Collards, frozen, chopped, cooked, boiled	½ cup	22
Corn, sweet, yellow, canned	½ cup	9
Cranberry juice cocktail, bottled	4 fl. oz.	45
Grapefruit sections, canned, light syrup pack, solids and liquid	¼ cup	14
Grapefruit, raw, white	¼ grapefruit	20
Grapes, red or green, raw	½ cup	9
Kale, cooked, boiled, drained	½ cup	27
Kiwi fruit, (Chinese gooseberries), fresh	½ medium	35
Kohlrabi, cooked, boiled, drained	½ cup	45
Lemon juice, canned or bottled	2 T.	8
Lima beans, immature seeds, frozen, cooked	½ cup	11
Mandarin oranges, canned	¼ cup	12
Mangos, raw	¼ cup	12
Melons, cantaloupe, raw	½ cup	29
Melons, cantaloupe, raw	1/8 melon	25
Melons, honeydew, raw	½ cup	15
Mustard greens, cooked, boiled	½ cup	18
Orange juice, canned, unsweetened	4 fl.oz.	43
Orange juice, chilled, includes from concentrate	4 fl. oz.	41
Oranges, raw, all commercial varieties	1 medium	70
Papayas, raw	¼ papaya	47
Peaches, frozen, sliced, sweetened	¼ cup	59
Peas, green, canned, regular pack	½ cup	8
Peas, green, frozen, cooked, boiled	½ cup	8
Peppers, hot chili, green, raw	¼ pepper	27
Peppers, hot chili, red, raw	¼ pepper	16
Peppers, sweet, green, raw	¼ cup	30
Peppers, sweet, green, cooked, boiled, drained	¼ cup	25

Good Sources of Vitamin C Continued

Peppers, sweet, red, raw	¼ cup	71
Peppers, sweet, red, cooked, boiled, drained	¼ cup	58
Pineapple juice, canned, unsweetened	4 fl. oz.	13
Pineapple, canned, juice pack, solids and liquids	½ cup	12
Pineapple, raw, all varieties	¼ cup	14
Plantains, raw	½ medium	16
Potato wedges, frozen commodity	½ cup	8
Potato salad, school-prepared	½ cup	13
Potatoes, white, baked	1 medium	17
Potatoes, hashed brown, school-prepared	½ cup	10
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	½ cup	11
Potatoes, mashed, school-prepared	½ cup	11
Raspberries, frozen, red, sweetened	½ cup	21
Refried beans, canned	½ cup	8
Rutabagas, cooked, boiled	¼ cup	8
Sauerkraut, canned, solids and liquids	¼ cup	9
Soybeans, green, cooked, boiled	½ cup	15
Spinach, canned, drained solids	½ cup	15
Squash, summer, all varieties, raw	½ cup	10
Squash, winter, all varieties, cooked, baked	½ cup	10
Strawberries, frozen, sweetened, sliced	½ cup	53
Strawberries, raw	½ cup	49
Sweet potato, canned, syrup pack, drained solids	½ cup	11
Sweet potato, cooked, baked in skin	1 potato	29
Tangerines, (mandarin oranges), canned	¼ cup	12
Tangerines, (mandarin oranges), raw	1 tangerine	22
Tomatoes, raw chopped	½ cup	9
Tomato juice, canned	4 fl. oz.	22
Tomato products, canned, puree	¼ cup	13
Tomato products, canned, sauce	½ cup	9
Tomato soup, canned, prepared with equal	½ cup	33
Turnip greens, cooked, boiled	½ cup	20
Turnip greens, frozen, cooked, boiled	½ cup	18
Vegetable juice cocktail, canned	4 fl. oz.	34
Watermelon, raw	1 wedge	23

For the HealthierUS School Challenge, a food with 8 mg. or more of vitamin C per serving was established as a good source since this is approximately ½ the NSLP target for this nutrient. It is assumed that the remainder of the nutrient will be provided from all other food items on the menu.

The Following USDA Recipes Provide at Least 8 mg or More of Vitamin C Per Serving

Recipe Barbecued Beef or Pork on Roll	Recipe No. F-02	Vitamin C mg 8.0
Bean Burrito	D-12A	10.1
Bean Taco	D-13A	8.6
Beef and Bean Tamale Pie	D-15A	12.3
Beef or Pork Burrito	D-12	9.7
Beef or Pork Burrito (Using Canned Meats)	D-12B	9.7
Beef or Pork Taco	D-13	8.2
Beef or Pork Taco (Using Canned Meats)	D-13B	8.2
Beef Shepherd's Pie	D-43	18.4
Beef Stir Fry	D-39A	29.2
Beef Tamale Pie	D-15	11.9
Beef Vegetable Soup	H-04A	11.5
Broccoli Salad	E-17	30.3
Broccoli, Cheese, and Rice Casserole	I-08	23.5
Chicken or Turkey Taco	D-13C	8.2
Chicken or Turkey Tamale Pie	D-15B	11.9
Chicken Tomato Bake	D-41	8.7
Chicken Vegetable Soup	H-04B	11.8
Chili Con Carne With Beans	D-20	14.5
Chinese Style Vegetables	I-09	10.1
Creamy Cole Slaw	E-06	11.1
Ground Beef and Macaroni	D-22	13.9
Ground Beef and Spanish Rice	D-23	11.8
Herbed Broccoli and Cauliflower Polonaise	I-18	38.8
Lasagna With Ground Beef	D-25	16.3
Lasagna with Ground Pork and Ground Beef	D-25A	16.5

USDA Recipes with 8 mg or more of Vitamin C Continued

Marinated Black Bean Salad	E-21	23.7
Orange Glazed Sweet Potatoes	I-13	14.6
Orange Rice Pilaf	B-21	17.7
Orange-Pineapple Gelatin	C-11	30.5
Pasta Salad	E-08	9.6
Pizza With Ground Beef Topping	D-31	9.4
Pizza with Ground Pork Topping	D-31A	10.0
Pizzaburger on Roll	F-04	10.0
Pork Stir Fry	D-39B	29.7
Potato Salad	E-09	9.2
Quick Baked Potatoes	I-17	11.3
Sloppy Joe on Roll	F-05	11.9
Stir-Fry (Chicken, Beef, Pork)	D-39	29.3
Sweet and Sour Pork	D-36	8.3
Tabouleh	E-23	13.4
Taco Salad	E-10	8.4
Thick Vegetable Soup	H-05	15.2
Vegetable Chili	D-49	17.5
Vegetable Lasagna	D-50	27.2
Vegetable Pizza	D-30A	20.9
Vegetable Quesadilla	D-52	11.9
Vegetable Soup	H-04	13.3
Vegetable Stromboli	F-06B	13.1
Vegetable Wraps	F-09	16.5

USDA Commodity Foods with at least 8 mg of Vitamin C

Vitamin

Commodity Name	Serving Size	C (mg)
Fruit and Vegetables		
Asparagus	¼ cup	11
Blueberries, Dried	¼ cup	8
Fig Puree	8 oz	13
Grapefruit, fresh	½ grapefruit	41
Lemon, Fresh	1 med. lemon	30
Orange Juice Conc (undiluted)	¼ cup	49
Orange Juice Conc (reconstituted)	¼ cup	24
Orange Juice, Sngl Serve Cartons	4 oz	49
Orange, Fresh	1 med. Orange	70
Peach Cups, Freestone, Indvl Serv	4.4 oz	118
Frzn		
Peach Cups, Sliced, Freestone, Frzn	¼ cup	59
Potatoes, (Baking Type) Fresh	½ large potato	13
Potatoes, Diced, Dehydrated	3.5 oz prepared	30
Potatoes, White, Sliced, Dehydrated	3.5 oz prepared	30
Strawberries, Whole Indvl Quick	¼ cup	15
Frzn		
Strawberries, Diced, Indvl Serving,	4.5 oz	46
Frzn		
Strawberries, Sliced, Sweetened,	¼ cup	26
Frzn		
Sweet Potatoes, Fresh	¼ cup	12
Tomatoes, Canned	¼ cup	9
Tomatoes, Crushed, Canned	¼ cup	10
Tomatoes Sauce, Canned	¼ cup	8

Meat/MA

Beef Taco Filling, Fully Cooked,	3.74 oz	8
Frzn		

Common Questions Answered

If I offer 100% juice with vitamin C every day, does this count for the vitamin C criteria?

Juice may only be counted twice during the week for this requirement. The juice must be 100% full strength and made from a natural source such as oranges. Only these 100% full strength, natural juices with vitamin C meet the criteria. All other fruit drinks and mixes do not qualify.



Menu Goal 6:

Entrée Variety/Fat Content

Challenge Requirements

Entrée Variety: Four different entrées (or meat/meat alternates) must be offered each week.

Entrée Fat Maximum: Limit high fat entrees (high fat entrée = > 40% cal from fat).

Description

Entrée Variety: Different entrées or meat/meat alternates are defined as variations in form, texture, etc and not necessarily different types of meat/ meat alternate.

Although beef is the common type of foods in these examples they are all considered different entrées:

- Meatloaf
- Hamburger
- Lasagna

Offering different types of meat/meat alternate such as pork, beef, fish, chicken, egg, beans, etc as frequently as possible ensures that a variety of nutrients are consumed.

Entrée Fat Maximum:

A higher fat entrée is defined as having 40% or more calories from fat (excluding nuts, seeds, and nut butters)

If school only offers 1 entrée daily: It can only have 1 entrée with more than 40% calories from fat per week.

If school offers multiple entrées daily: a student must be able to select a lower fat entrée every day.



Goldie's Tips

Organize menus ahead of time so there is only one high fat item served per week. Not required to use main line, can count salad bar or any other low fat entrée choice. Entrée chosen to meet this requirement must be used to meet other requirements (Example: cannot use 1 entrée to meet legume requirement and one to meet low fat requirement)



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place nutrient analysis and/or food labels in your HealthierUS Challenge application packet showing the entrées that are below 40% calories from fat.



Gooding Elementary School Lunch

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: 4 different entrées offered each week and entrees >40% fat

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Roll French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Common Questions Answered

What do “4 different entrees or meat/meat alternates (M/MA) offered during a school week” mean? Does this mean that 4 different choices of entrée or meat/meat alternates must be offered each school day?

This criterion does not mean that a school has to offer choices from four different entrées or meat/meat alternate menu items on a daily basis but rather offer a *variety* of entrées or meat/meat alternate menu items over the school week—not just hamburger and/or pizza everyday. USDA is aware that budgetary limitations require SFAs to plan menus that efficiently make use of USDA donated commodities, such as ground beef. In spite of these limitations, SFAs are encouraged to follow the principles of good menu planning by planning entrées or meat/meat alternate menu items that appear different and varied to students. For example, ground beef can be offered as various menu items such as Meatballs and Spaghetti, Beef Tacos, Salisbury Steak, Hamburger on Bun, etc. rather than offering just hamburger and/or pizza several times a week. Using the principles of menu planning entices students to choose school meals and offers a variety of nutrients. Different entrées or meat/meat alternates are therefore defined as variations in form, texture, etc. and not necessarily different types of meat/meat alternate (beef, ham, chicken, eggs, fish, etc). However, SFAs should be aware that varying the types of meat/meat alternate such as pork, beef, fish, chicken, egg, dried beans, etc. as frequently as possible ensures that a variety of nutrients are offered. The criterion further states that if daily choices are not provided, the school limits higher fat entrees to once a week. Higher fat entrees are defined as those having 40% or more of calories from fat, excluding nut butters (peanut butter, etc.) which contain predominantly monounsaturated fats.

What if a school does offer a hamburger and/or pizza each school day as a daily choice but additionally offers other entrée/meat meat-alternate choices? Would this school meet the 4 different entrees or meat/meat alternates per week criterion?

The school could meet the criterion if at least four different entrees were offered each school week, e.g., hamburger and/or pizza daily, and additionally the school offers other entrées/meat/meat alternates such as a salad bar, potato bar, baked chicken, baked ham, and baked fish strips throughout the school week.

Menu Goal 7:

Legumes

Challenge Requirements

One or more servings of legumes must be offered each week.

Description

Legumes: Dried beans or peas. Dried beans are available uncooked in sealed bags or pre-cooked in cans.


Examples of dried beans and peas are:

- ☐ Pinto beans
- ☐ Great Northern or navy beans
- ☐ Kidney or red beans
- ☐ Lentils
- ☐ Garbanzo beans (chickpeas)
- ☐ Cowpeas
- ☐ Split peas
- ☐ Lima beans (dry, mature, such as large white)
- ☐ Black-eyed peas



Goldie's Tips

We serve refried beans with mexican dishes and include garbanzo beans on our salad bar. Healthy choice bars include black beans when mexican dishes are served and baked beans or pork and beans are placed on healthy choice bars when sandwich type entrées are offered. No problem meeting the requirement on Chili day!!

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Gooding Gold Award Menu Example on Next Page...

Gooding Gold Award Menu Example: one or more servings of legumes offered each week

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

Common Questions Answered

Our school would like to apply for the *HealthierUS* School Challenge. In reviewing the menu criteria we see that dried beans or peas must be offered at least once per week. Why is this required? Please give examples.

The 2005 Dietary Guidelines stress more legumes (dry beans) because they provide a broad array of vitamins, minerals, and macronutrients. They are also a great source of dietary fiber. The most commonly consumed dried legumes are pinto beans, Great Northern or navy beans, kidney or red beans, black beans, lentils, garbanzo beans (chickpeas), cowpeas, split peas, dried mature lima beans (white beans), and black-eyed peas. For school foodservice these can be purchased in the dried form and cooked at the school, or purchased as canned, cooked dried beans or peas. They can be served as an entrée or meat/meat alternate, a cooked vegetable, in soups or chilies, or served chilled as one of the choices on a salad bar.



Menu Goal 8: Whole Grains

Challenge Requirements

Silver Requirement:

Whole grain foods must be offered 3 or more times per week.

Gold Requirement:

Whole grain foods must be offered every day of the week.

Description

What Counts as a Whole Grain Food?

Purchased Products:

- Ingredient statement on the label of the foods must show a whole grain as the first listed grain ingredient

Products Made from Scratch:

- The total grain weight in the food product must be 100% whole grain or
- The weight of the whole grains added together must be at least 51% of the total grain weight of the product. (example 49% white flour and 51% whole wheat flour)

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, RAISIN JUICE, CANOLA OIL (NON-HYDROGENATED) CULTURED WHEY, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, VINEGAR, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DISTILLED MONOGLYCERIDE, CALCIUM PEROXIDE, ASCORBIC ACID, AZODICARBONAMIDE, ENZYMES), CALCIUM SULFATE, SOY FLOUR, CORN STARCH, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE). **CONTAINS:**

For more information on Whole Grains see the HealthierUS Challenge Whole Grain Resource at <http://teamnutrition.usda.gov/HealthierUS/index.html> .

Goldie's Tips

Change products from white to wheat at the beginning of school year so students don't notice the change as much. In addition to recipes used to meet the challenge, we now offer whole grain brownies, whole grain cakes, and whole grain cookies. We are currently in the process of developing recipes using white beans and/or applesauce which will allow us to increase iron and lower fat in baked goods without compromising the finished product. We use 100% brown rice in spanish rice and fried rice recipes.






- Offer sandwiches on whole grain bread
- Mix white and brown rice: brown rice > 50% of mix.
- Mix flours in baking goods: whole grains > 50% of mix



Silver Requirement

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gold Requirement

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place the recipe and/or food labels in your HealthierUS Challenge application packet showing the foods that meet the whole grain requirement.



Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: whole grain food offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Applebread Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pumpkin Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Common Questions Answered

We are having problems finding products that meet the criterion for offering whole grain products three times a week (*Silver*) or every school day (*Gold*). Please tell us how to identify such products and give us examples.

The 2005 Dietary Guidelines are putting great emphasis on increasing consumption of whole grains. Whole grains show added benefit in reducing the risk of such chronic diseases as cardiovascular disease, diabetes, and controlling weight. Whole grains have at least 18 known nutrients, including fiber, B vitamins, magnesium, iron, zinc, vitamin E, phytochemicals, and antioxidants. The local school review committee should review the label/ingredient list on each product's ingredient statement to determine whether a product meets the *HealthierUS* School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. FDA requires that foods that bear the whole-grain health claim must contain 51% or more whole grains by weight, therefore would meet the whole grain requirement for the *HealthierUS* Challenge.

Our school district understands the importance of whole grains in the diet and we are working with our menus to meet the criteria for the *HealthierUS* School Challenge. However, our students have yet to establish a preference for predominantly whole grain products. We believe they will develop a preference if we have a phase-in period where we offer products that contain some whole grain. For example, we bake our own breads in our schools. We would like to spend this first year with a formula of 1/3 whole wheat flour to 2/3 white flour and gradually increase the whole wheat until students are accepting the change. Would this plan meet the criteria?

Your schools are to be commended for baking breads for the students. The fresh aroma of school-made breads is a great enticement to school meal participation. However, USDA is strongly committed to recognizing schools that are making an effort to offer students *whole-grain products*, so the menu criteria for *Silver* certification will remain

to offer students a whole grain food 3 or more times a week and for the *Gold* certification, offer a whole-grain product each school day. The *HealthierUS* School Challenge criteria defines a whole grain product as a product with whole grain as the first grain ingredient, indicating that it is the primary grain. Therefore your school-made rolls should contain at least 51% of the grain as whole wheat flour if white flour is the only other grain ingredient. There are lots of other ideas for incorporating whole grains in school meals, such as offering baked whole-grain corn tortillas, combining brown rice with white rice, mixing whole wheat pasta with regular pasta, making sandwiches with one slice of whole wheat and one slice of white bread, and making cookies with whole wheat flour. Because the 2005 Dietary Guidelines emphasize that half of the breads/grains in the diets be whole-grain, or a minimum of three servings of whole grain products per day, industry has begun to develop many more products that contain whole grains. Schools should see an increase in availability.

Under the menu criteria for the whole grain foods—if I make just five cold sandwiches on whole wheat bread as a menu choice, does that count for this requirement?

The intent of the *HealthierUS* School Challenge is to make healthy and permanent changes in menus. While the criteria do not quantify foods such as whole-wheat items, serving only five sandwiches does not meet the intent of making menus healthier. However, such a situation **should** warrant more investigation to determine if the school is making a good faith effort to improve the menus. For example, if the school is implementing Offer Vs Serve, starting out with five sandwiches may be a viable method to introduce whole wheat bread to the children. The school must show that every child has the opportunity to select a sandwich made with whole wheat bread by preparing the sandwiches using the batch or staggered cooking method. There should always be whole wheat sandwiches available on the line. As the children become more accepting, the quantity of whole wheat sandwiches should increase.

Can flax seed be counted as a whole grain?

No, flax seed is not a grain. Grains are generally the seeds of various grasses. Flax seed is a seed product of a flowering plant, and is not considered to be a grain product.

Can popcorn be counted as a whole grain?

No, popcorn is a whole grain, as defined by the Dietary Guidelines, but in school meal programs popcorn is considered a snack food item and is not credited as a grain/bread.

Menu Goal 9: Iron

Challenge Requirements

Two or more source of iron must be offered daily.

Description.

$$\boxed{.8 \text{ mg}} = \boxed{1 \text{ source of Iron}}$$

Serving size requirements for iron can be found on pages 65-66.











USDA Recipes providing at least .8mg or more of iron on pages 67-69.

Commodity foods with a at least .8mg of iron on pages 70-71.

Every child must have the opportunity to select 2 sources of iron from each day's menu.

If one source is one entrée and the other is another entrée and the child can only pick one entrée this will not count. The child must be able to select both sources of iron.

One item may count as 2 sources if it has 1.6 mg or more of iron.

Monday	Tuesday	Wednesday	Thursday	Friday
 	 	 	 	 

Nutrition Facts	
Serving Size 1 Roll (31g)	
Servings Per Container 12	
Amount Per Serving:	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Thiamin 6%	Riboflavin 0%
Niacin 4%	Folic Acid 2%

Label Conversion:

Iron on a food label is shown as a % of daily value. To convert the percent to mg use the following equation:

$$\% \text{ of iron} \times 18\text{mg} = \text{mg of iron in the serving of food}$$

Example:

$$4\% \times 18 \text{ mg} = .72 \text{ mg of iron per serving}$$



Goldie's Tips

Most of your entrées will help you meet this requirement. Remember, if it has 1.6 mg or more of iron it can count for both servings.

Offer these foods on salad bar:

- ☐ Almonds
- ☐ Walnuts
- ☐ Legumes



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place the recipe and/or food labels in your HealthierUS Challenge application packet showing the foods that meet the iron requirement.

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: 2 or more source of iron offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Good Sources of Iron (at least .8 mg per serving)*

Food Item	Serving Size	Mg.
Asparagus, canned, drained solids	4 spears	1.3
Beans, baked, canned, plain or vegetarian	½ cup	1.5
Beans, baked, canned, with pork and tomato sauce	½ cup	4
Beans, black, mature seeds, cooked	½ cup	1.8
Beans, great northern, mature seeds, cooked	½ cup	1.9
Beans, kidney, red, mature seeds, cooked	½ cup	2.6
Beans, navy, mature seeds, cooked	½ cup	2.2
Beans, pinto, mature seeds, cooked boiled	½ cup	1.8
Beans, white, mature seeds, canned	½ cup	4
Beef, chuck, blade roast, braised	2 oz	1.8
Beef, ground, 80% lean meat/ 20% fat, patty, broiled	2 oz	1.4
Beef, liver, cooked	2 oz	3.5
Beef, round bottom round, braised	2 oz	1.5
Beets, canned	½ cup	1.5
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	1.7
Bread, cornbread, from recipe, made with low-fat milk	1 piece	1.6
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	.9
Bread, pita, white, enriched	6-1/2" pita	1.6
Bread, pumpernickel	1 slice	.9
Bread, rye	1 slice	.9
Bread, wheat (includes wheat berry)	1 slice	.8
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	.9
Bread, whole-wheat, commercially prepared	1 slice	.9
Brussels sprouts, cooked, boiled,	½ cup	.9
Cake, gingerbread, from recipe	1 piece	2.1
Cereals ready-to-eat	1 cup	2 -22
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity)	½ cup	1.7
Chicken, broilers or fryers, breast, roasted	½ breast	.9
Chicken, broilers or fryers, dark meat, meat only, roasted	2 oz	.8
Chickpeas (garbanzo beans), mature seeds, cooked	½ cup	2.4
Collards, cooked	½ cup	1.1
Cowpeas, common (black-eyed, crowder, southern), mature seeds, cooked	½ cup	1
Crackers, matzo, plain	1 matzo	.9
Fish fillet, battered or breaded, and fried	2 oz	1
Fish, catfish, channel, cooked, breaded and fried	2 oz	.8
Fish, haddock, cooked	2 oz	.8
Fish, tuna salad	½ cup	1
Fish, tuna, light canned in water, drained	2 oz	.9
Frankfurter, chicken or beef	1 frank	.8
Lentils, mature seeds, cooked, boiled	½ cup	3.3
Lima beans, immature seeds, frozen, baby or fordhook, cooked	½ cup	1.8
Lima beans, large, mature seed, dried, cooked	½ cup	2.2
Macaroni, cooked, enriched	½ cup	.9
Molasses, blackstrap	1 tbsp	3.5
Muffins, blueberry, commercially prepared	1 muffin	.9
Muffins, corn, dry mix, prepared	1 muffin	1
Noodles, egg, cooked, enriched	½ cup	1.3
Peas, green, cooked	½ cup	1.6
Peas, split, mature seeds, cooked	½ cup	1.3

Pizza, cheese, regular crust, frozen	1 serving	1.4
Pizza, meat and vegetable, regular crust, frozen	1 serving	1.1
Plums, canned, purple, heavy syrup pack, solids and liquids	½ cup	1
Pork, fresh, shoulder, arm picnic, braised	2 oz	1.1
Potato salad, school-prepared	½ cup	.8
Potato, baked, flesh and skin	1 medium	1.9
Raspberries, frozen, red, sweetened	½ cup	.8
Refried beans, canned (includes USDA commodity)	½ cup	2
Rice, white, long-grain or regular, parboiled, enriched	½ cup	1
Rolls, dinner, plain, commercially prepared	1 roll	.9
Rolls, hamburger or hotdog, plain	1 roll	1.4
Rolls, hard (includes Kaiser)	1 roll	1.9
Sauerkraut, canned, solids and liquids	½ cup	1.7
Soybeans, green, cooked	½ cup	2.3
Soybeans, mature cooked, boiled	½ cup	4.4
Spaghetti, cooked, enriched	½ cup	.9
Spinach, cooked, drained	½ cup	3.2
Sweet potato, canned	½ cup	1.1
Sweet potato, cooked, baked	1 medium	.8
Tomato products, canned, paste	2 T.	1
Tomato products, canned, puree	¼ cup	1.1
Tomatoes, red, ripe, canned, stewed	¼ cup	.85
Tomato sauce for pasta, spaghetti/marinara, ready-to serve	½ cup	1
Tomato soup, canned, prepared with equal volume water	½ cup	.9
Tortillas, read-to-bake or fry, flour	1 tortilla	1.1
Turkey roast, boneless, light and dark meat, roasted	1 oz light and 1 oz dark	.93
Turkey, all classes, dark meat, roasted	2 oz	1.3
Turkey, ground, cooked	2 oz	1
Turnip greens, frozen, cooked, boiled	½ cup	1.6
Vegetables, mixed canned	½ cup	.85

* A food with .8 mg or more of iron qualifies for the HealthierUS School Challenge as a source of iron since this meets 20% of the nutrient target for school lunch (grades 4-12).

Adapted from USDA National Nutrient Database for Standard Reference Release 18

The Following USDA Recipes Provide at least .8 mg or More Iron Per Serving

Recipe	Page	Iron
Apple Cobbler	C-01	1.24 mg
Apple Crisp	C-02	0.99 mg
Apple-Honey Crisp	C-02A	1.01 mg
Applesauce Cake	C-03	1.15 mg
Arroz con Queso	D-48	2.16 mg
Baked Beans	I-06	0.86 mg
Baked French Toast Strips	J-03	1.35 mg
Baking Powder Biscuits	B-04	1.44 mg
Banana Bread Squares	B-05	0.90 mg
Barbecue Chicken	D-11	1.60 mg
Barbecued Beef or Pork on Roll	F-02	3.40 mg
Bean Burrito	D-12A	3.37 mg
Bean Soup	H-01	2.66 mg
Bean Taco	D-13A	2.67 mg
Beef and Bean Tamale Pie	D-15A	3.26 mg
Beef or Pork Burrito	D-12	2.62 mg
Beef or Pork Burrito (Using Canned Meats)	D-12B	2.35 mg
Beef or Pork Taco	D-13	2.43 mg
Beef or Pork Taco (Using Canned Meats)	D-13B	2.23 mg
Beef Shepherd's Pie	D-43	2.43 mg
Beef Stew	D-14	3.06 mg
Beef Stir Fry	D-39A	2.73 mg
Beef Taco Pie	D-45	3.28 mg
Beef Tamale Pie	D-15	2.89 mg
Beef Vegetable Soup	H-04A	1.28 mg
Bread Stuffing	B-06	1.40 mg
Breakfast Burrito with Salsa	J-02	2.95 mg
Broccoli Salad	E-17	0.82 mg
Broccoli, Cheese, and Rice Casserole	I-08	1.04 mg
Brown Bread	B-07	1.08 mg
Brown Rice Pilaf	B-22	0.83 mg
Brownies	C-04	1.00 mg
Carrot Cake	C-05	1.18 mg
Cherry Cobbler	C-06	2.58 mg
Cherry Crisp	C-07	1.67 mg
Chicken Fajitas	D-40	2.11 mg
Chicken or Turkey a la King	D-16	1.63 mg
Chicken or Turkey and Noodles	D-17	1.91 mg
Chicken or Turkey Chop Suey	D-18	1.03 mg
Chicken or Turkey Noodle Soup	H-02	0.87 mg
Chicken or Turkey Pot Pie	D-19	2.23 mg
Chicken or Turkey Rice Soup	H-02A	1.04 mg
Chicken or Turkey Salad	E-05	0.95 mg

Chicken or Turkey Taco	D-13C	1.77 mg
Chicken or Turkey Tamale Pie	D-15B	2.40 mg
Chicken Tetrazzini	D-42	1.88 mg
Chicken Tomato Bake	D-41	2.01 mg
Chicken Vegetable Soup	H-04B	1.00 mg
Chili Con Carne With Beans	D-20	2.71 mg
Chocolate Cake	C-08	1.19 mg
Chocolena Cake	C-31	1.21 mg
Cinnamon Rolls	B-08	2.08 mg
Corn and Green Bean Casserole	I-19	0.89 mg
Corn Pudding	I-10	0.90 mg
Cornbread	B-09	0.90 mg
Cornbread Stuffing	B-06A	1.20 mg
Country Fried Steak	D-21	2.11 mg
Cream of Vegetable Soup	H-03	0.96 mg
Egg Salad Sandwich	F-03	2.29 mg
Fried Rice	B-10	1.83 mg
Gingerbread	C-23	2.07 mg
Granola	J-01	1.04 mg
Ground Beef and Macaroni	D-22	3.32 mg
Ground Beef and Spanish Rice	D-23	3.10 mg
Ground beef Stroganoff	D-24	2.19 mg
Herbed Broccoli and Cauliflower Polonaise	I-18	1.00 mg
Hummus	E-24	1.06 mg
Italian Bread	B-11	1.70 mg
Lasagna With Ground Beef	D-25	2.65 mg
Lasagna with Ground Pork and Ground Beef	D-25A	2.56 mg
Macaroni and Cheese	D-26	1.03 mg
Macaroni Salad	E-07	1.18 mg
Marinated Black Bean Salad	E-21	1.70 mg
Meat Balls	D-27A	2.23 mg
Meat Loaf	D-27	2.23 mg
Minestrone	H-07	2.00 mg
Muffin Squares	B-12	0.88 mg
Nachos With Ground Beef	D-28	1.67 mg
New Macaroni and Cheese	D-51	1.57 mg
New Oatmeal Raisin Cookies	C-25	1.13 mg
New Spice Cake	C-28	0.82 mg
Oatmeal Cookies	C-10	0.82 mg
Oatmeal Muffin Squares	B-20	1.08 mg
Orange Rice Pilaf	B-21	1.06 mg
Oven Fried Chicken	D-29	1.77 mg
Pancakes	B-13	1.09 mg
Pasta Salad	E-08	0.96 mg
Peach Cobbler	C-13	1.43 mg
Pizza Crust	B-14	1.62 mg

Pizza With Cheese Topping	D-30	2.17 mg
Pizza With Ground Beef Topping	D-31	2.82 mg
Pizza with Ground Pork Topping	D-31A	2.60 mg
Pizzaburger on Roll	F-04	3.58 mg
Pork Stir Fry	D-39B	1.37 mg
Potatoes Au Gratin	I-14	1.51 mg
Pourable Pizza Crust	B-15	1.67 mg
Quiche With Self-Forming Crust	D-32	1.04 mg
Quick Baked Potatoes	I-17	1.31 mg
Refried Beans	I-15	1.61 mg
Rice-Vegetable Casserole	B-23	0.96 mg
Rolls (yeast)	B-16	1.75 mg
Royal Brownies	C-21	0.95 mg
Salisbury Steak	D-33	2.00 mg
Scalloped Potatoes	I-16	1.68 mg
Sloppy Joe on Roll	F-05	3.74 mg
Spaghetti and Meat Sauce	D-35	3.24 mg
Spaghetti and Meat Sauce (Ground Beef and Ground Pork)	D-35A	2.98 mg
Spice Cake	C-16	1.30 mg
Stir-Fry (Chicken, Beef, Pork)	D-39	1.26 mg
Stromboli	F-06	1.79 mg
Stromboli with Tomato Sauce	F-06A	1.97 mg
Sweet and Sour Pork	D-36	1.11 mg
Sweet Potato Pie With Whipped Topping	C-17	1.98 mg
Sweet Potato-Prune Bread Squares	B-18	2.05 mg
Tabouleh	E-23	1.13 mg
Taco Pie with Beans	D-45B	3.62 mg
Taco Pie with Salad Topping	D-45A	3.41 mg
Taco Salad	E-10	2.49 mg
Thick Vegetable Soup	H-05	2.58 mg
Toasted Turkey Ham and Cheese Sandwich	F-07A	2.39 mg
Tuna and Noodles	D-37	3.92 mg
Tuna Salad Sandwich	F-08	3.02 mg
Turkey and Dressing Supreme	D-38	2.21 mg
Vegetable Chili	D-49	2.26 mg
Vegetable Lasagna	D-50	2.86 mg
Vegetable Pizza	D-30A	2.68 mg
Vegetable Quesadilla	D-52	1.98 mg
Vegetable Soup	H-04	1.08 mg
Vegetable Stromboli	F-06B	1.65 mg
Vegetable Wraps	F-09	1.94 mg
White bread	B-19	1.03 mg
Yellow Cake	C-20	1.05 mg

USDA Commodity Foods with at least .8 mg of Iron

Commodity Name	Serving Size	Iron
Fruit and Vegetables		
Asparagus	¼ cup	1
Blueberries, Dried	¼ cup	.8
Raspberry Puree	3.5 oz	1.1
Fig, Whole, Dried	¼ cup	1.1
Fig Puree	8 oz	5.5
Fruit and Nut Mix	1/3 cup	.9
Plum Puree, Dried	3.5 oz	2.8
Potatoes, (Baking Type) Fresh	½ large potato	1.4
Potatoes, Diced, Dehydrated	3.5 oz	1.7
Potatoes, White, Sliced, Dehydrated	3.5 oz	1.5
Raisins, Seedless	¼ cup	.8
Raisins, Seedless, Individually Packed	1.33 oz	1
Salsa, Tomato, Canned	¼ cup	1.2
Sweet Potatoes, Mashed Canned	¼ cup heated	.9
Meat/MA		
Almonds	¼ cup	1
Beans, Canned Various (kidney)	¼ cup	.8
Beans, Dry Various (kidney)	¼ cup	1.3
Beans, Lima, Dry	¼ cup	1.1
Beans, Vegetarian, Canned	¼ cup	.9
Beans, White, Canned and Dry	¼ cup	1.1
Beef Crumbles, Fully Cooked, Frzn	2.2 oz	.8
Beef Patty, Fully Cooked, Breaded, Frzn	3 oz	2.5
Beef Patty w/ Soy Protein (SPP), Fully Cooked Frzn	2.2 oz	1
Beef Pot Roast, Cooked w/ Juices, Frzn	3 oz	4.5
Beef Sloppy Joe, Fully Cooked, Frzn	3.75 oz	1
Beef Chuck Roast, Raw Frzn	3 oz	2.6
Beans, Garbanzo, Canned	¼ cup	.8
Beans, Refried, Canned	¼ cup	1
Beef Ground, Patties & VPP, Raw, Frzn	3.1 oz	2.3
Beef Ground, Patties, Raw, 10% Fat, Frzn	3.1 oz	2.3-2.6
Beef Ground, Patties, Raw Frzn	3.1 oz	1.5
Beef Taco Filling, Fully Cooked, Frzn	3.75 oz	.88
Beef Ground, Bulk, Raw, Frzn	2 oz cooked meat (2.7 raw)	1.5
Chick. Nuggets, Batter Breaded, Cooked, Frzn	5 pcs	1.3
Chick. Parts, Cooked Batter/Breaded, Frzn	1 serving, 1 breast; 1 thigh w/back; 1 drumstick + 1	.8

	wing	
Chick. Patties, Batter/Breaded, Cooked Frzn	2 oz	1
Chick patties, Grilled Frzn	2 oz	1
Chic. Thighs and Drumsticks, Raw, Frzn	2 oz of cooked meat	.8
Egg Mix, All Purpose, Dries	0.6 oz/2T	1
Macaroni and Cheese, Processed, Frzn	1 cup	1.4
Peas, Black-Eyed, Canned or Dry	¼ cup	1.1
Peas, Lentils, Dry	¼ cup	1.7
Pork Patties, Fully Cooked, Frzn (2.7 oz)	2.7 oz	.9
Pork Patty, Breaded, Fully Cooked, Frzn	3.75 oz	2.1
Pork Sloppy Joe, Fully Cooked, Frzn	4 oz	1.7
Pork Taco Filling, Fully Cooked, Frzn	2 oz	2
Pork, Fresh Ham Roast, Boneless, Raw, Frzn	3 oz of cooked meat	1
Pork Fully Cooked w/ Natural Juices, Canned	2 oz	1.2
Sunflower Seed Butter	2T	1
Turkey Burger, Raw, Frzn	2 oz of cooked meat	1.2
Turkey Ham w 15% Water Added, Fully Cooked, Frzn	3.53 oz	1
Turkey Taco Filling, Fully Cooked, Frzn	3.75 oz	1.9
Bread/Bread Alt.		
Bakery Mix, Biscuit Type, Regular & Low Fat	1/3 cup	1.5
Cornmeal	1 oz	1.1
Flour, All Purpose	1 oz	1.3
Flour, Bread	1 oz	1.3
Flour, Soft Wheat	1 oz	1.3
Flour, Whole Wheat	1 oz	1.1
Grits, Corn	½ cup cooked	.8
Macaroni, Spaghetti and Rotini (Spirals)	½ cup cooked	1
Oats, Rolled, Quick	½ cup cooked	.8
Rice, White Enriched	½ cup cooked	1
Wheat, Rolled, Quick (uncooked)	½ cup cooked	1

Menu Criteria 10: Low Fat Milk

Challenge Requirements

Low fat (1%) and/or skim (nonfat) milk must be offered daily.

Description

The school can offer all percentages of milk but must offer at least one of the lower fat percentages (1% or skim) every day.

Low-fat flavored milk can be counted towards the requirement.








Goldie's Tips

1% milk is offered daily and skim milk will be introduced this upcoming school year, offer a variety of flavors when ever possible and take advantage of the new plastic bottles. The kids love it and milk consumption will increase.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Provide menu showing lowfat milk being served every day.

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: low fat and/or skim milk offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.

